

# Answer a few questions, learn about your health risks

Simple Steps To A Healthier Life® Health Assessment

## Can you take 20 minutes to improve your health?

That's about all it takes with Simple Steps To A Healthier Life. You just fill out a simple health assessment. The questions you answer help us get to know your health history and habits.

It can also:

- Uncover your health risks so you can better manage them
- Show a health concern you weren't aware of
- Give you personalized health results to share with your doctor

## Here's how to take your health assessment

3 easy steps:

- Log in to your secure member website at www.aetna.com. New to the site?
  Just click "Register."
- 2. Click on "Health Records," then "Health Assessment."
- 3. Choose the health assessment link and go!

You can easily finish in one sitting. But if you need to come back later, you can. The system will save your answers.

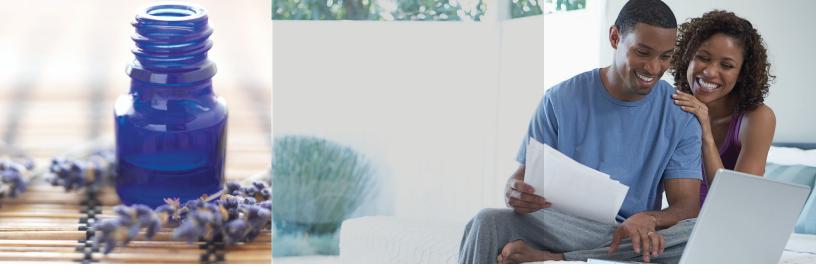
#### What questions to expect

You'll see questions on your health history. Like any conditions you have or your last blood-pressure reading. You'll also see questions about your *modifiable health risks*. These are the health habits you can do something about. Like eating more fruits and vegetables. Or wearing SPF when you're in the sun.

### Your responses are kept confidential

The health assessment is on a secure site — with password protection. So the details you give us are protected, too.

When you know your health history and habits, you can manage your health risks better.



#### More reasons to take your health assessment

- You'll feel better. Change your diet. Work with a health coach to manage your diabetes. Stop smoking. Or start working out. There's no stopping you being your healthiest you.
- You'll spend less on your health care. You'll get more from your health benefits and insurance plan, like program suggestions to help you be your healthiest. That helps you save on health care costs.
- You'll get programs and resources that are all about you. Just share your results with us. And we'll share programs and activities that fit your health needs. You can talk with a health coach. And if your employer offers them, we can also match you with online coaching sessions. These programs give you a personalized plan to meet and exceed your health goals, at your own pace.

Get to know your health and risks.

Take your health assessment today.

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